

## Protect Your Body... Your Temple

### Lower Your Risk for Stroke

African-Americans face higher risks of stroke.

The more risk factors you have, the greater your chances of having a stroke.

The best way to prevent a stroke is to reduce your risk factors.

#### Know the Risk Factors for Stroke:

- tobacco smoke
- high blood pressure
- high cholesterol
- physical inactivity
- obesity/overweight
- diabetes

*Protect Yourself and Your Loved Ones...  
With Knowledge and Action.*



PROMOTE PROTECT PROSPER

Office of Minority Health

South Carolina Department of Health  
and Environmental Control

CR-006989 5/07

## Protect Your Body... Your Temple

### Lower Your Risk for Stroke

African-Americans face higher risks of stroke.

The more risk factors you have, the greater your chances of having a stroke.

The best way to prevent a stroke is to reduce your risk factors.

#### Know the Risk Factors for Stroke:

- tobacco smoke
- high blood pressure
- high cholesterol
- physical inactivity
- obesity/overweight
- diabetes

*Protect Yourself and Your Loved Ones...  
With Knowledge and Action.*



PROMOTE PROTECT PROSPER

Office of Minority Health

South Carolina Department of Health  
and Environmental Control

CR-006989 5/07

## Protect Your Body... Your Temple

### Lower Your Risk for Stroke

African-Americans face higher risks of stroke.

The more risk factors you have, the greater your chances of having a stroke.

The best way to prevent a stroke is to reduce your risk factors.

#### Know the Risk Factors for Stroke:

- tobacco smoke
- high blood pressure
- high cholesterol
- physical inactivity
- obesity/overweight
- diabetes

*Protect Yourself and Your Loved Ones...  
With Knowledge and Action.*



PROMOTE PROTECT PROSPER

Office of Minority Health

South Carolina Department of Health  
and Environmental Control

CR-006989 5/07